



MICHIGAN HEART &
VASCULAR INSTITUTE

heart & vascular HEALTH

There's no end to exercise benefits

WHC programs are not just for women

Research has shown that regular exercise offers many physical benefits. It helps reduce stress, lower blood pressure and cholesterol levels, and improve weight loss and heart function.

So how can you tap into these amazing benefits? Saint Joseph Mercy Health System has the answer: Ellen Thompson Women's Health Center (WHC).

WHC offers many classes and services for women, men and children. You can take co-ed fitness classes such as strength training, low-impact aerobics, tai chi, yoga, Pilates, dance and more.

The center not only helps put exercise in your life but also offers nutrition and cooking classes; child, teen and adult weight-loss programs; diabetes education; and massage therapy.

All of these services can help you begin your journey to a healthier heart.

For more information, visit us on the Web at www.sjmercyhealth.org or call **734-712-5800**.



LOSING WEIGHT
STARTS WITH
a good plan

Weighing too much can put you at risk for several diseases, including heart disease, stroke, diabetes and cancer. Some 65 percent of adult Americans are carrying around extra pounds. Are you among them?

Carrying extra weight around your middle also puts you at significant risk for health problems. A waist measurement of more than 40 inches for men and 35 inches for women is a sign of risk, health officials say.

If you're overweight or obese, or if your waist measurement is too large, talk to your doctor about ways to improve your health.

Walking the walk

On paper, losing weight should be a snap. All you have to do, health experts say, is modestly cut calories, eat balanced meals and be active each day.

But if weight loss were so easy, we'd all be doing it. Instead, indications are that more and more of us are gaining, not losing.

Why?

Perhaps some of the problem lies in the confusion over how to choose a weight-loss program. Experts say a good plan is one that includes:

- A variety of foods from all five major food groups
- Appealing foods you will enjoy long-term, not just for a few weeks or months
- Foods available at the market where you usually shop
- Your favorite foods in moderation
- Changes in eating habits that will fit into your lifestyle and budget
- Regular physical activity
- Modest, achievable weight-loss goals

If you plan to lose more than 15 to 20 pounds, get an evaluation from your doctor first.

Remember, there is no quick-and-easy, magic-bullet solution when it comes to reaching and maintaining a healthy weight. But if you select an appropriate plan and stick to it, you can lose weight

and improve your health.

Sources: American Dietetic Association; Partnership for Healthy Weight Management

Learn how to shop and eat out healthily. See our health classes on page 3.

INSIDE:

2 Advanced procedure helps bypass patients

3 Our top 10 reasons to quit smoking

Fall 2006



LESS PAIN, much gain

LESS INVASIVE TECHNIQUE MAKES BYPASS SURGERY EASIER

By **Scott Rogers, P.A.-C.**
St. Joseph Mercy Hospital

For some patients, coronary artery bypass grafting is a necessary major operation. These patients have blockages in their coronary arteries that cannot be treated by angioplasty or coronary stenting.

At one time this procedure included a painful leg or arm incision through which part of a vein or artery was removed and used to bypass the blocked coronary artery. Since 1996 St. Joseph Mercy Hospital has been offering a technologically advanced version of this procedure, called EVH, that boasts less discomfort and a shorter recovery period.

Out with the old

The greater saphenous vein in the leg is one of the most common blood vessels used for heart bypasses. Before the advanced technology, introduced in the past decade, surgeons removed this vein through a long incision extending

from the groin to the ankle. After surgery this incision could be very uncomfortable for the patient, causing pain, swelling, decreased mobility, increased risk of infection and slower recovery.

In with the new

EVH, or endoscopic vein harvesting, involves just a small incision below the knee to access the entire greater saphenous vein by using a scope connected to a camera and a monitor. After the vein is removed, the patient is left with just a 2-centimeter incision below the knee and small punctures at the thigh and ankle. This procedure is a vast improvement over the full-leg incision, allowing for earlier walking, decreased swelling and infection, quicker recovery, and greater overall patient satisfaction.

Michigan Heart & Vascular Institute surgeons have performed more than 3,000 EVH procedures. We are proud to make this benefit available to our bypass patients at Saint Joseph Mercy Health System.

heart & vascular HEALTH

HEART & VASCULAR HEALTH is published by Saint Joseph Mercy Health System. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician.

Information in HEART & VASCULAR HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care professional.

Models may be used in photos and illustrations.

We hope you have found this newsletter informative. If you don't want to receive this publication in the future, please call 734-712-3546.

Saint Joseph Mercy Health System's Michigan Heart & Vascular Institute has one of the largest and most comprehensive cardiovascular programs in the country. Visit our Web site at www.mhvi.org.

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REMARKABLE MEDICINE.
REMARKABLE CARE.

HTN19059h

MHVI shines spotlight on Dr. Sullivan



Vita Sullivan, M.D., is the newest addition to our physician team at Michigan Heart & Vascular Institute (MHVI). A cardiothoracic surgeon, she returns to us three years after completing her surgical residency at St. Joseph Mercy Hospital from 2002 to 2003. At that time, she was the administrative chief resident. Dr. Sullivan went on to complete her cardiothoracic surgery fellowship at the University of Minnesota, and now we are pleased to welcome her back to MHVI.

You can reach Dr. Sullivan at MHVI by calling **734-712-5500**.

Visit our Web site at www.mhvi.org.



IT'S NEVER TOO LATE TO quit smoking

No matter how long you've smoked or how old you are, you can experience the positive effects of kicking the habit. Here are our top 10 reasons for quitting:

1. Decrease your risk of heart disease, cancer, stroke and lung diseases.
2. Reduce coughing, wheezing and shortness of breath.
3. Increase your life expectancy.
4. Have increased enjoyment of food.
5. Have increased self-esteem as you take better care of yourself.
6. Feel more in control of your life.
7. Save money. The American Cancer Society (ACS) estimates that the average smoker spends \$3,391 per year.
8. Decrease the risk to others from secondhand smoke.
9. Have a healthier appearance.
10. Smell better and give more enjoyable hugs and kisses.

Why is quitting so hard?

We know that quitting is not easy. The ACS reports that nicotine is "as addictive as heroin or cocaine." The longer you smoke, the more

dependent your body becomes. You also may be accustomed to smoking as a way of coping with stress, as part of your daily routine or as something you associate with a certain activity, such as lighting up on your morning coffee break.

Moving forward

Identifying your triggers will help you reach your goal. Keep a journal to identify patterns of where, with whom and why you most often smoke. *Www.SmokeFree.gov* offers these steps to quit:

S = Set a quit date.

T = Tell people you plan to quit.

A = Anticipate and plan for challenges you will face.

R = Remove all tobacco products from your home, car and work.

T = Talk to your doctor about help.

Some tips for facing cravings include:

- Change your routine.
- Drink water. ■ Suck on candy.
- Take deep breaths. ■ Exercise.
- Brush your teeth. ■ Call a friend.

To learn more, call **1-800-**

QUIT-NOW (784-8669) or **1-800-ACS-2345**, or visit *www.cancer.org* or *www.americanheart.org*.

Fall 2006

Calendar of UPCOMING EVENTS

ALL CLASSES ARE FREE!
Call **734-712-3105** for more information.

MICHIGAN HEART & VASCULAR INSTITUTE

Cardiovascular health classes

Wednesdays

8:45 to 9:30 a.m.,

11:30 a.m. to 12:15 p.m.,

2:15 to 3 p.m. or 5 to 5:45 p.m.

Auditorium

Classes rotate on a regular basis.

Topics offered:

■ **Risk Factors**

■ **Stress**

■ **Dietary I: Supermarket Tour**

■ **Dietary II: Dining Out**

■ **Dietary III: Reading Food Labels**

■ **Psychosocial (for heart patients and their families)**

Please visit our Web site

at www.mhvi.org or call

734-712-3105 for a calendar and class descriptions.

FREE BLOOD PRESSURE CHECKS

First Tuesday of each month

1 to 2 p.m.

Michigan Heart & Vascular

Institute, Suite 101, Ann Arbor

HEART WALK

Saturday, Sept. 30

Washtenaw Community College

NEW DIRECTIONS IN HEART FAILURE SEMINAR

Saturday, Nov. 4

Our Lady of Good Council

Church, Plymouth

To learn more, visit

www.mhvi.org or call

734-712-3583.

MHVI honored for excellent heart care

Michigan Heart & Vascular Institute at St. Joseph Mercy Hospital has been designated among the Blue Cross and Blue Shield of Michigan (BCBSM) Cardiac Centers of Excellence for 2006.

BCBSM established the Cardiac Centers of Excellence program to help members make informed choices about where to go to receive quality cardiac care.

To qualify for this honor, hospitals and their cardiac care staffs have to meet BCBSM's established quality criteria for volume of cardiac procedures performed, staff credentials, and acceptably low frequencies of medical complications and deaths associated with cardiac procedures. A hospital's quality assurance program for monitoring and evaluating care is also a major consideration.

Congratulations to a truly remarkable staff!



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Inside We offer free
health classes!
See page 3
for details!



MyPyramid.gov
STEPS TO A HEALTHIER YOU

take smart steps

WITH A NEW NUTRITION TOOL

In 2005 the United States government came up with a tool to help Americans live longer, healthier lives: MyPyramid.

Replacing the Food Guide Pyramid, the MyPyramid model emphasizes healthy food choices and regular physical activity. It also is available as an online interactive tool that can be adjusted to your health needs. Let's break it down:

■ "Steps to a Healthier You" represents *gradual improvement*. You can find recommendations for the types and amounts of food to eat each day at www.MyPyramid.gov.

■ The steps and the person climbing them are a reminder that *physical activity* is extremely important.

■ The six colored bands illustrate the *variety* of the five food groups

and oils needed each day for good health.

■ The narrowing of the bands of each food group represents *moderation*. The wider base means low-fat, low-added-sugar foods should be selected more often for best nutrition.

■ The varied width bands also suggest the amount of food we should choose from each food group. This breakdown is a general guide. To check the amount of each food group that is right for you, visit www.MyPyramid.gov.

This Web site has features to help you select which foods and activity levels are best for you while taking into consideration your age, gender, weight and current activity status. It also has many helpful examples and tips that are user-friendly to help you become a "healthier you!"

HEALTHY. recipe

Grilled chicken salad with feta and cucumber

Prepare and refrigerate up to a day ahead of serving, but stir in the fresh herbs close to serving time.

Ingredients

- Cooking spray
- 8 6-ounce skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper
- 4 cups cubed, peeled cucumber
- 2 cups chopped red onion
- 2 cups crumbled feta cheese
- 1 tablespoon grated lemon rind
- ¼ cup fresh lemon juice
- 6 tablespoons chopped fresh mint
- 6 tablespoons chopped fresh dill

Instructions

1. Prepare your grill and spray it with the cooking spray.
2. Brush the chicken with the olive oil and sprinkle it with ½ teaspoon salt and the pepper. Grill the chicken breasts five minutes on each side or until done. Let them cool on a platter for five minutes. Slice each chicken breast into thin slices.
3. Combine the chicken, cucumber, red onion, feta, lemon rind, lemon juice, mint and dill. Sprinkle the salad with the remaining ¼ teaspoon salt; toss to combine.

Source: Cookinglight.com

Nutrition facts (per serving)

| | |
|-------------------------------------|------------------|
| Serving size 1 1/3 cups. Serves 12. | |
| Calories 202 (30% from fat) | |
| Fat 6.7g | Cholesterol 83mg |
| Sodium 433mg | Fiber 1g |
| Carbohydrates 4.9g | Iron 1.2mg |
| Protein 29.6g | Calcium 121mg |